

# Stewart/Hunter Lifestyle

## Hunter hosts Women's History Observance

**Spc. Monica K. Smith**  
*CAB Public Affairs*

The 3rd Infantry Division's Combat Aviation Brigade hosted an observance in honor of Women's History Month, March 19 at Hunter Army Airfield. Soldiers, Family Members and civilians from the 3rd ID came to Hunter to hear retired Brig. Gen. Rebecca Halstead who was the first female from the United States Military Academy to be promoted to the general officer rank and also the Army's first female Chief of Ordinance.

"General Halstead is the very first female general officer out of West Point," said Sgt. 1st Class Christopher Anderson, member of Headquarters and Headquarters Company, 3rd Combat Aviation Brigade, and equal opportunity advisor for the brigade. "We thought that was significant, showing another step for women and her speaking went with our goal to commemorate women in history who have influenced our nation."

During the observance, Halstead spoke about women who have made significant contributions and on what inspired, motivated and prepared them.

"What's most important is not about gender, race or even personal achievements," said Halstead during the ceremony.

"It is not about what is on the outside; it is about what is on the inside – our hearts and souls, our courage and character. Those are the things, which define us, which

will be our most enduring contributions, igniting hope and inspiration for others."

The event included a musical number performed by Spc. Vanessa Eliassaintortiz, member of Company B, 603rd Aviation Support Battalion, who sang a song entitled, "Legacy."

"I wanted to portray that all women are a legacy," said Eliassaintortiz. "It went well with our theme, 'Women taking the lead to save our planet.'"

In keeping with the Army's dedication of 2009 as the 'Year of the NCO,' the observance also showcased six women who recited the Noncommissioned Officer Creed.

"We're (female leaders) now being recognized for the hard work that we do," said Sgt. 1st Class Marlene Dacosta, Co. B, 603rd ASB, who led the six Soldiers in reciting the creed. "I'm very proud to stand with some of my Soldiers here and reflect what they are trying to accomplish and encourage them to pursue their careers."

Sgt. 1st Class Kimberly Green

**Retired Brigadier General Rebecca Halstead speaks at the 3rd ID Women's History Month observance, March 19 at Hunter. Halstead was the first female from the United States Military Academy to be promoted to the general officer rank and also the Army's first female Chief of Ordinance.**



## 1st HBCT acknowledges 'silent heroes'

**Pfc. Jared S. Eastman**  
*1st HBCT Public Affairs*

The Family Readiness Group for the 1st Heavy Brigade Combat Team, 3rd Infantry Division held a volunteer appreciation party at Club Stewart, March 18 to acknowledge the FRG volunteers who have made significant contributions to the

brigade's mission over the last quarter.

"Today, we are recognizing six wonderful volunteers from the Raider Brigade who have been nominated by their battalion as the most outstanding volunteer for last quarter," said Michelle Allen, 1st HBCT Family Readiness Support Assistant.

During the ceremony, each

battalion commander gave a short speech about the individual receiving an award.

"The FRG is the communication channel from the commander to the Families and back," Allen explained, "but it's also a social component for the Army Family, and it includes any Family Member who wants to be involved as well as single

Soldiers."

Although this volunteer recognition ceremony was the first since the 1st HBCT's return from Operation Iraqi Freedom V, Allen has high hopes in hosting future events like this one.

"We have plans for one quarterly," she said. "It's the least we could do for our volunteers."

Allen added that volunteers

work hard everyday to ensure Soldiers and Families have the support system they need.

"Most of our volunteers will be the first to tell you that they don't deserve (recognition)," Allen said. "But quite frankly, these people put in hundreds of hours a month for their unit and the Families around them, and they do deserve it."



Pfc. Jared Eastman

**First HBCT Command Sergeant Major Edd Watson (left) and 1st HBCT Deputy Commander Lt. Col. Stanley Fugate (right) pose with FRG volunteer award winners March 18 at Club Stewart. Pictured from left to right are Watson; Krystle Freeman; Valerie Grover; Lauren Deem; Diane Cloutier, wife to 1st HBCT Commander Col. Roger Cloutier; Twyla Balcer and Terri Houlahan. Not pictured is volunteer Lavonna Hamilton.**

## Army astronaut visits Hunter Soldiers

**Spc. Monica K. Smith**  
*CAB Public Affairs*

Soldiers in the 3rd Combat Aviation Brigade had a unique opportunity to meet with a member of the Army Astronaut Program, March 19 at Hunter Army Airfield's Hunter Club.

Lieutenant Colonel Shane Kimbrough, a U.S. Army Astronaut, spoke to Soldiers and Army Civilians on Hunter about his recent mission on the Space Shuttle Endeavour.

"I wanted to share my experiences and let (others) know about the possibilities (the Army offers)," said Kimbrough. "I wanted to let them know that there's something

else out there in the Army. They would love it up there. It's a great place to work."

Kimbrough's first duty station was at Hunter, where he served as a former Viper in the 1st Aviation Battalion, 24th Infantry Division before the unit was reflagged to its current moniker, 1st Battalion, 3rd Aviation Regiment. The current 1/3 Avn. Commander Lt. Col. Mike Musiol has been friends with Kimbrough for 15 years and invited the astronaut back to his old duty station to speak to Soldiers.

"I wanted to inform those who may not want to stay in the conventional Army and let them know they may want to look into the astronaut program," Musiol said of

Kimbrough's invitation.

Kimbrough encourages those who wish to apply for the Army Astronaut Program to be persistent.

"I applied four times to get accepted," Kimbrough said. "Be patient, and have a lot of perseverance. If it's something you really want to do, then I (encourage you to) keep expanding your education."

Spc. Monica K. Smith

**Lieutenant Colonel Shane Kimbrough, a U.S. Army Astronaut, speaks to Soldiers and civilians about his recent mission on the Space Shuttle Endeavour, March 19 at Hunter Club.**



## April: time for hope, prayer, Family fun

**Pat Young**  
*Public Affairs Specialist*

Fort Stewart-Hunter Army Airfield invites Soldiers, Family Members, and community partners to join in fellowship, fun, and understanding with a number of events in April ranging from Easter Sunrise Service and egg hunt to Life Choice seminars.

The installation's annual Easter Egg Hunt, sponsored by the Directorate of Morale, Welfare and Recreation, is scheduled for 10 a.m. to 2 p.m., April 11 at Stewart's youth sports complex baseball fields and on Hunter between 10 a.m. and 1 p.m. at the youth center and Child Development Center fields.

The Easter Egg Hunt is open to children ages 1-10 years old; however,

there will be a number of activities open to all including face painting, food, games, inflatable bounce houses, a photo opportunity and more.

The installation Easter Sunrise Service is slated for 6:30 a.m., April 12 at Marne Garden. Community Members are invited to hear the joyous sounds of the Live Oak Church of God choir with Pastor Aaron Cowart.

Dave Roever, a motivational speaker who visited Marne Soldiers during their recent deployment in sup-

port of Operation Iraqi Freedom, will be the guest speaker at the Sunrise Service.

Serving with the U.S. Navy during the Vietnam War, Roever had a phosphorous grenade ignite in his hand and as a result he was severely burned, requiring him to be hospitalized for 14 months.

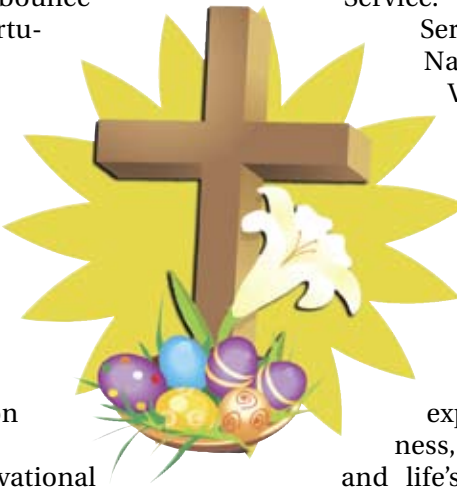
Drawing upon his experiences of loneliness, peer pressure, pain, and life's triumphs, Roever said that he tries to weave a message of courage, commitment and survival.

His message is faith, supported by wholesome relationships.

Additionally, Roever will share his insight in two Life Choice seminars April 14. The first is scheduled for 10-11 a.m. at the Hunter Post Theater and the second seminar is slated for 1-2 p.m. at Stewart's Main Post Chapel. The seminars will focus on junior Soldiers, private through sergeant, and provide training in areas such as moral decision-making, relationships and suicide prevention.

For more information about the Sunrise Service or seminars, contact Chaplain (Lt. Col.) Bryan Walker at 435-9918.

For more information about the Easter Egg Hunt, call 767-4491 at Stewart or 315-5708 at Hunter.





# HEALTH MATTERS

## Winn Army Community Hospital

### Fad-free nutrition better for health, weight control

**Col. Deborah F. Simpson**

*Army Health Promotion, Preventive Medicine*

March is National Nutrition Month. Each year, the American Dietetic Association sponsors this event to focus on the role nutrition and physical activity play in achieving and maintaining good health. Being “100 percent fad-free” has been a National Nutrition Month theme that supports the health of the Soldier and the Army Family.

The Department of Defense’s 2005 survey of health-related behaviors (the most recent finalized survey) reported that approximately 51 percent of Soldiers 20-25 years old and 64 percent of Soldiers age 26-34 met the criteria of being overweight. Being overweight affects performance. Some Soldiers may attempt fad diets for quick weight loss, diets that don’t meet their energy needs. What and when and how much you eat also affects performance. Soldiers need to have a balance of nutrients for optimal health and performance.

Consider the following key messages for being 100 percent fad-free.

Develop an eating plan for lifelong health. Don’t waste time following the latest food fad. Instead,

use the Dietary Guidelines for Americans and MyPyramid as guides for focusing on healthy eating and overall health.

Choose foods sensibly by looking at the big picture. All foods can fit into a healthful diet if consumed in moderation and in appropriate amounts. Eating foods from all major food groups is essential to obtaining the nutrients needed for good health. Enjoy a wide variety of foods with different textures, colors and flavors.

Select whole-grain foods like oats, brown rice and whole wheat. These foods form the foundation of a healthy diet. Enjoy a variety of brightly colored fruits and vegetables. These foods are rich in phytochemicals, which protect the body against disease, and they are virtually fat-free and contain no cholesterol. Choose nonfat and low-fat foods from the milk and meat groups most often.

Control the frequency and amount of foods high in fat, sugar or sodium, such as fried foods, rich desserts and salty snacks. This makes it easier to maintain an appropriate weight, which is essential for good health.

Learn how to spot a food fad. There are no specific foods, combinations of foods or dietary sup-

plements that will promote quick weight loss or cure disease. If it sounds too good to be true, it probably is. In fact, food and nutrition misinformation can have harmful effects on health and well-being, as well as on the wallet. For reputable nutrition advice, ask your doctor for a referral to talk to a registered dietitian at your local hospital or health clinic.

Find your balance between food and physical activity. A nutritious diet and physical activity are important for overall health and fitness. Added benefits include reduced risk of chronic diseases such as heart disease, high blood pressure and diabetes; a feeling of well-being; and the ability to control body weight. Poor diet and physical inactivity are the most important factors contributing to the rise in obesity in the United States.

Small changes in diet and exercise habits can make a big difference in overall health. To help you get started, check out the DOD National Nutrition Month resource packet available at [www.usachppm.apgea.army.mil/nnm](http://www.usachppm.apgea.army.mil/nnm). It includes ideas and resources on diet, exercise and health. Additional information is also available from the American Dietetic Association, [www.eatright.org](http://www.eatright.org).

## Winn Briefs

### Update DEERS

It is very important to keep your demographic information in DEERS current such as your current address and phone number. If this is not correct, your care could be delayed because you are unable to be contacted. Visit your local uniformed services personnel office or contact the Defense Manpower Data Center Support at (800) 538-9552 or the local DEERS office number at 767-4909 or 315-5726. Make address changes online at [www.tricare.osd.mil/DEERSAddress](http://www.tricare.osd.mil/DEERSAddress).

### Making ASAP referrals

If your referral is for “urgent care,” your doctor or clinic staff will provide you with specific instructions prior to leaving the clinic area. If you have an ASAP referral to the network, make sure you go see the clinic’s Triage Nurse in order to process this referral.

It is the responsibility of your Primary Care Manager to coordinate directly with the specialty provider in the case of an emergency. Instructions you may receive in these cases may include being sent directly to the specialty service, being sent home to await a call from the specialty service, being directed to another health care facility or physician’s office, or being transferred by ambulance.

### Making routine referrals

If your referral is for “routine care,” after three business days of your visit, call Central Appointments at 435-6633 or (800) 652-9221 to either schedule an appointment or be advised that you have been referred to a network provider.

### Referrals to Civilian Network

You now have the flexibility to

schedule your appointment with the network provider for a time that best meets your schedule. You are responsible for booking your appointment. Please call the provider’s office noted on the authorization letter for your appointment.

For more information, please contact TRICARE at (800) 444-5445.

### Get school health screening

Tuttle Army Health Clinic is hosting a mass school health screening by appointment only Saturday, from 8 a.m. to noon. The screenings will include hearing tests, vision tests, dental exams and immunizations administration.

The screenings are by appointment only and scheduling closes Friday. To schedule an appointment at Tuttle call 1-800-652-9221. Please turn-in all medical records and copy of shot record no later than March 27. This

will help expedite the process and reduce your waiting time.

### Cancel your appointment

If you need to cancel your medical appointment, call the cancellation line at 435-6633 or 1-800-652-9221. Follow the prompts to cancel your appointment. This will create more open appointments and decrease the length of time it takes to get an appointment.

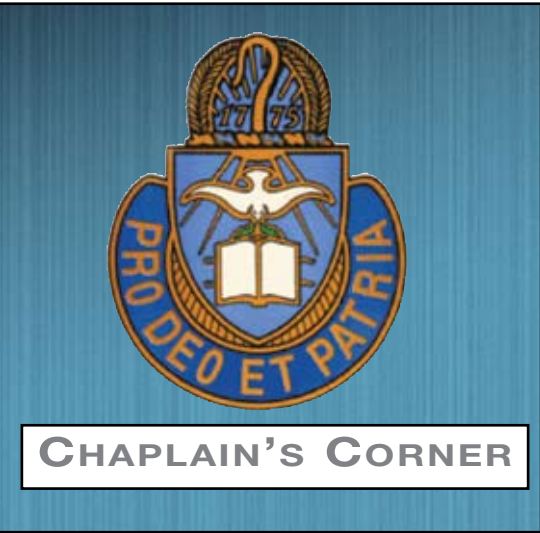
### New early call center hours

The Winn Army Community Hospital Call Center is now open at 6:30 a.m. to book medical appointments. This will be a pilot program for Winn.

Please call 435-6633 or 1-800-652-9221. Remember you can still book appointments online via [www.tricare-online.com](http://www.tricare-online.com).



# An example of integrity: Love thy neighbor as thyself



**Chap. (Maj.) Sid A. Taylor, Sr.**  
2nd BCT Public Affairs

### The German Patriot and the Barley Fields

*Once there was a terrible battle in Germany and thousands of soldiers were scattered over the country. A captain who had many men and horses to feed was told by his colonel to get food from the farmers nearby. The captain walked for some time through the broad valley and at last knocked at the door of a small cottage.*

*A man, old and lame and leaning on a stick, opened the door. "Good morning," said the captain. "Will you*

*please show me a field where my soldiers can cut grain for our army? We cannot pay for it."*

*The old man led the soldiers through the valley for about a mile, when they saw a field of rich barley waving in the breeze.*

*"That is just what we want," said the captain.*

*"No, not yet," said the old man. "Follow me a little farther."*

*After some time they came to a second field of barley. The soldiers got off their horses, cut the grain, tied the sheaves, and rode away with them.*

*Then the captain said to the old man, "Why did you make us come so*

*far? The first field of barley was better than this one."*

*"That is true, sir," answered the old man, "but it was not mine!"* **By E.L. Cabot**

Every time I read this story I am inspired to be a better person. The story provides us with an example of integrity. It reminds me of one of the greatest commandments, "Love thy neighbor as thyself." "Thou shalt not steal," also comes to mind. To always love and respect our neighbor is an attainable standard of living. If we attain it, we will be blessed in this life and will certainly have much to look forward to in the life to come.

Chapel Schedule		
Fort Stewart		
Catholic	Location	Time
Saturday Vigil Mass	Main Post Chapel	5 p.m.
Sunday Mass	Main Post Chapel	9 a.m.
Protestant		
Contemporary Worship	Marne	11 a.m.
Gospel Worship	Main Post	11 a.m.
Traditional Worship	Marne	9 a.m.
Liturgical Worship	Heritage	11 a.m.
Kids' Church	Diamond Elementary	11 a.m.
PWOC (Wednesday)	Main Post Chapel	9:30 a.m.
Islamic		
Friday Jum'ah	Marne	1:30 p.m.
Contact Yahya Hassan at 876-5546.		
Jewish		
Contact Sgt. 1st Class. Crowther at 980-9295.		
Friday	Marne	11:30 a.m.
Latter-Day Saints		
Sunday	220 Sandy Run Drive, Hinesville	9 a.m.
Hunter Army Airfield		
Catholic		
Sunday Mass	Chapel	11 a.m.
Protestant		
Sunday Service	Chapel	9 a.m.

## Kids Church

### Where God rocks

10:45 a.m. to noon, Sunday  
at Stewart School Age Services, across from  
Diamond Elementary; or at Hunter Chapel  
Fellowship Hall, Sunday at 9:15 a.m.

## For all kids Grade K-5

Fort Stewart bus pick-up

10:15 a.m. - Liberty and Hendrich, Liberty and Sicily, Liberty and Anzio, Liberty and Rome

10:20 a.m. - Jasmine and Skyland Spruce, Jasmine and Liberty Wood, Wild Fern and Golden Birch

10:30 a.m. - Schofield and Sansidro, Schofield and Hollandia, Rogers and Argyle

10:40 a.m. - Naktong and New Guinea, Ormoc and New Guinea

10:50 a.m. - Marne Chapel

10:55 a.m. - Main Post Chapel

For more information, email [fortstewartkidschurch@yahoo.com](mailto:fortstewartkidschurch@yahoo.com)

## Fort Stewart Chapel Youth Ministry

**Junior and Senior High School Students!**

Join us for  
**free games and pizza**  
**Sunday • 6 to 8 p.m.**  
**at the Stewart Youth Activity Center, building 7338.**

For more information,  
[contact jerry.e.thompson@comcast.net](mailto:jerry.e.thompson@comcast.net)  
or  
call 877-7207

## Easter Sunrise Service slated

Fort Stewart-Hunter Army Airfield will observe the Easter Sunrise Service 6:30 a.m., April 12 at Marne Garden and outside Hunter Chapel. The service is open to all Soldiers, Family Members, Department of Defense Civilians, retirees and surrounding communities. The uniform for military officers is dress blues with four-in-hand tie; senior-enlisted Soldiers may wear either their dress blues or Class A uniform. The uniform for all other enlisted personnel is Class A.

## Mass Choir rehearsals announced

The Liberty County Community Mass Choir is looking for interested participants. If you would like to sing with this choir, please contact Judy Forshee at 977-5918 or e-mail [judith.forshee@us.army.mil](mailto:judith.forshee@us.army.mil) or Ronald Calhoun at 786-5787 extension 209 or e-mail [rcalhoun@schoolofchurchmusic.org](mailto:rcalhoun@schoolofchurchmusic.org). Opportunities are also available for the Community Chorus, soloist, ensemble and quartet. Come and join this great community fellowship. The Concert Season begins Oct. 1.

## Volunteer at the Special Olympics

Don't miss the opportunity to be part of the upcoming Spring Special Olympics at Fort Stewart's Cottrell Field Quick Track, tomorrow.

This annual event features competition for children and adults with disabilities. Come experience the joy of a powerful and life-changing personal journey for all who participate.

Volunteers are needed as huggers, event officials, score sheet runners, food preparation helpers, and in the audience and cheering section.

To volunteer, call the Installation Volunteer Coordinator at 767-9176 or 767-5058/5059.





Randy Murray

*Fort King George Historic Site near Darien, Ga., offers Soldiers and their Families a morning or afternoon of affordable fun.*

# Historic site offers affordable Family fun

**Randy Murray**  
*Public Affairs Specialist*

State parks and historic sites offer lots of opportunities to enjoy nature, learn a little history and spend quality time together without spending much money. Georgia's state parks charge a \$3 parking fee. Historic sites charge a little more, but not much. This spring and summer, I'll tell you a little about several Family-affordable attractions available to Soldiers and their Families. You decide if the aquarium, historic site, museum, park or zoo is right for you and your Family.

Let's start with a trip down to McIntosh County and the town of Darien where we find Fort King George Historic Site.

This fort isn't named after the King

George we had issues with back in the 1770's. This is the King George for whom the state of Georgia was named, King George I, great-grandson of James I. The fort was built in 1721 to defend the colony of South Carolina from the Spanish to the south, the French to the west and at least one unfriendly Native American tribe, the Guale Indians. You would think this important outpost would mandate an elite fighting force, but the British army was stretched thin defending its growing empire on several fronts, so they put together a regiment of invalid soldiers who'd recovered enough from life-threatening illnesses and injuries to be considered fit for light duty. Light duty for these soldiers was manning a small fort surrounded by swamps and marshes on the frontier of the southern outpost of

what would become the colony of Georgia 12 years later. Colonel John "Tuscarora Jack" Barnwell directed construction of the fort with its cypress blockhouse, barracks and earthen palisades. In 1726, the fort mysteriously burned and had to be re-built, only to be abandoned in 1732.

Four years later, Gen. James Oglethorpe sent Scottish Highlanders to re-establish the fort, and the settlement of Darien soon grew up around it. The fort was re-built to scale in 1988 using historic records, plans and maps on file in London, England. There is a short hiking trail that follows along the edges of the marshes back to the visitor's center. This trail offers lots of birds and wildlife viewing. Take a camera.

Darien became the center of a large-

scale lumber industry, which lasted until 1925. Today, the town is known not only for its historic sites and an outlet mall located on I-95 at exit 49 but also for its many seafood restaurants. In fact, McIntosh County is the place for seafood. Ask one of the park rangers for directions to Skipper's Fish Camp, B & J Steak and Seafood, Mudcat Charley's, Buccaneer Club, Pelican Point or Sapelo Station.

To get to Fort King George, take U.S. 84 south to Ludowici then GA 57 east to the community of Townsend, turning south on GA 251, which you stay on all the way to Darien. At U.S. 17, turn south and look for signs directing you to Fort King George.

Have fun, take some pictures and enjoy some seafood.



## Live Oak Libraries have more than books

### Preschool Storytime

Live Oak Public Libraries invite children, ages 3-4, to Preschool Storytime for fun with stories, songs and more at 10:30 a.m. each Monday in March.

### Tree Tots Storytime

Kids, ages 1-2, are invited to Tree Tots Storytime at 10:30 a.m. each Tuesday for an interactive experience.

### Spring Fling

Help us celebrate the arrival of spring with an hour of Family fun. We'll have spring stories, activities and crafts at the Liberty Branch Library, 2 p.m., Saturday. For more information, call 884-5742. The event is for kids, ages 4 and up.

### Work Smarter, Not Harder!

Work Smarter, not Harder, presented by Tommy Johns, allows children to handle wheels, pulleys, levers, wedges, incline planes and screws in a way that makes abstract concepts simple to understand. Kids learn how simple machines make their lives easier, 2 p.m., Saturday at the Liberty Branch library.

## Jesup arts and crafts nights are ongoing

The South Georgia Gourd Patch, in affiliation with the Wayne County Arts Council, the Georgia Gourd Society and the American Gourd Society invite community members, 7 p.m., every third Monday of the month for an evening of arts and crafts at Cracker Williams Recreation Park in Jesup.

For more information, call 294-7394 or e-mail [catsewg@bellsouth.net](mailto:catsewg@bellsouth.net).

## Low Country Paintball waives fees

Low Country Paintball invites community members to enjoy paintball by waiving all-day greens fees and gun rental fees for active-duty military during the first weekend of each month. Players can enjoy more than 150 guns across 63 acres. Group rates are available. For more information, call 663-2314.

## Fort McAllister asks for volunteers

Fort McAllister State Historic Park will hold a Civil War Trust Volunteer Day, 9 a.m. to 3 p.m., April 4. Volunteers will assist the park staff with a spring clean-up of the fort and grounds. T-shirts and lunch will be provided for the volunteers. In addition, a historical talk will be given on the fort.

For more information, contact Daniel Brown, park manager, at 727-2339.

## 3rd ID Society Reunion slated

The 3rd Infantry Division Society and attached units in wars and in peacetime will hold their 90th reunion, Sept. 16-20. The reunion will be held at the Clarion Hotel Springfield, 3333 S. Glenstone Ave. Springfield, Mo. 65804; (417) 883-6500. Room rates are \$84 per night plus tax and includes a free breakfast and free airport transportation.

For additional reunion information, contact Linda Irvine at (360) 663-2521, [info@thereunionbrat.com](mailto:info@thereunionbrat.com).

## Phonebook recycling drive is ongoing

Keep Savannah Beautiful's annual phonebook recycling drive is currently open to donations.

Phonebooks, newspapers, magazines, catalogs, books and white office paper are being accepted now through March 31. The collection process uses the existing red and green or yellow bins stationed at schools in Savannah. If your school does not have a bin, phonebooks can be dropped off at 10 Hoss Dr. in Garden City. Their hours of operation are 7:30 a.m. to 4:30 p.m., Monday through Thursday and 7 a.m. to 2 p.m., Friday.

Be sure to specify which school you are supporting so they will receive credit for your donation.

For more information, call 964-4224.

## StoryCorps comes to Savannah

The Georgia Historical Society and the Telfair Museum of Art are partnering with Georgia Public Broadcasting and local GPB station WSVH to bring StoryCorps, the nation's largest oral history project to Savannah. StoryCorps travels the country collecting the oral histories of friends and loved ones, one conversation at a time.

## Sheep to Shawl Festival coming soon

The Sheep to Shawl Festival will be held at Oatland Island Wildlife Center from 10 a.m. to 4 p.m., Saturday. This favorite springtime festival features sheep shearing, a plant sale, entertainment, games and crafts for the kids. Doris Mager, "The Eagle Lady" will also be performing.

For more information, call 395-1212 or visit [www.oatlandisland.org](http://www.oatlandisland.org) for a complete schedule of activities.

# Creative Minds hosts community wide forums

## Special to the Frontline

Creative Minds brings leaders, experts and pioneers in a wide range of fields to share their wisdom in open, community-wide forums in Savannah.

This annual speaker series, which runs throughout the 2008-2009 school year, is designed to stimulate dialogue and spark debate about important issues that affect us all. This year's series showcases the largest and most diverse line-up to date, featuring leading experts in areas such as brain science, American history, jazz and literature.

The last lecture of the series will feature John Hemingway and Carl P. Eby,

Ph.D., with their lecture, "Two Perspectives On Ernest Hemingway" at 6:30 p.m., April 28.

John Hemingway, the grandson of literary legend Ernest Hemingway and the author of a bestselling family memoir entitled "Strange Tribe," will discuss life as a Hemingway and share personal memories of his larger-than-life family. Offering a more academic perspective, Carl P. Eby, Ph.D., an English professor at the University of South Carolina at Beaufort and a member of the Board of Directors of The Hemingway Foundation and Society, will offer insight into Hemingway's literary legacy. Eby is a highly regarded Hemingway expert and

the author of the influential book, "Hemingway's Fetishism: Psychoanalysis and the Mirror of Manhood."

All Creative Minds events will be held in Jelks Auditorium at Savannah Country Day School, located at 824 Stillwood Drive 31419, in Savannah, Ga.

Individual ticket prices are \$10 for advance purchase, \$12 at the door (based on availability). Due to the possibility of sell-out events, seats not occupied by 6:25 p.m. will be resold to a waiting list. Tickets for all events are available online at [www.savcds.org](http://www.savcds.org) or can be purchased at the SCDS Administrative Office located in Triol Hall. For additional information about

the Creative Minds series, call (912) 961-8828.

Savannah Country Day School is a pre-k through 12th grade independent school that seeks to prepare students of academic and personal promise to meet with confidence, imagination, and integrity the challenges of college and of life.

In partnership with supportive Families, we strive to cultivate in each student the desire and the discipline to grow wise, to lead lives of personal honor, to appreciate beauty, to pursue physical well being, and to serve others with a generous and compassionate spirit.



# Army Community Service



*Welcome to the Army Community Service Family Page. Our mission is to provide services to support readiness of Soldiers, their Families, and communities to promote self-reliance, resiliency, and stability. We offer training classes, support groups, and Family advocacy programs. Services are offered to active, retired, Reserve, and National Guard Soldiers and their Family Members, regardless of branch of service. Department of Defense Civilian Employees are also eligible for most services, as are their Family Members. ACS is a member of the Morale, Welfare and Recreation Family, proudly serving America's military.*

*For information or to register for programs at Fort Stewart, please call 767-5058/5059. For information and registration at Hunter Army Airfield, please call 315-6816.*

## Volunteer at Special Olympics

Don't miss the opportunity to be part of the Spring Special Olympics at Fort Stewart's Cottrell Field Quick Track, tomorrow. This annual event features sports training and competition for children and adults with disabilities. Come experience the joy of a powerful and life-changing personal journey for all who participate. Volunteers are needed as huggers, event officials, score sheet runners, food preparation helpers and, most importantly, in the audience and cheering section. To sign up to volunteer, please contact the Installation Volunteer Coordinator at 767-9176 or 767-5058/5059.

## Living in chaos?

Do you feel overwhelmed, overextended, and overdrawn? Don't miss the upcoming presentation featuring Marla Cilley also known as "The Fly Lady." Fly Lady's approach has worked for thousands. Whether you are a male or female, single or married, working in or out of the home, have kids or not, you can easily adapt Fly Lady's system to fit your own lifestyle. You will find that with time, your house and life will pull together. Soon you'll be able to greet guests without fear, find your keys, corral your kids, and most of all, learn how to FLY: Finally Love Yourself.

The presentation begins at 9 a.m., April 8 at Club Stewart, and everyone who attends will receive a free copy (while supplies last) of Cilley's book entitled

"Sink Reflections." Cilley will be available to sign books and chat with attendees at the conclusion of the event. Soldiers, Family Members, and professionals working with the military are invited to attend. To reserve your seat or for more information, please call ACS-Stewart at 767-5058/5059.

## Bowl with EFMP

A fun night of bowling for Family Members enrolled in the Exceptional Family Member Program begins at 6 p.m., April 6 at Marne Lanes. This is a great opportunity to socialize with other Army Families and enjoy an evening of active bowling with your Family and the EFMP staff. For more information on the Exceptional Family Member Program, please call 767-5058/5059 at Stewart or 315-6816 at Hunter.

## Attend FRG training

A full schedule of Family Readiness Group trainings are slated during April. Space is limited, so be sure to reserve your seat in advance.

At Hunter, Spouse Battlemind Training helps you and your Family build resiliency throughout the deployment cycle with discussions on social support, Family roles, taking control, talking it out, loyalty and commitment, emotional balance, independence, navigating the Army system, denial of self (self-sacrifice) and much more. The workshop will be held from 10:30 a.m. to 2:30 p.m., April 1. Other FRG trainings at Hunter include FRG Funds and Resource Training, 10:30 a.m. to 1:30 p.m., April 4; FRG Leader Training, 10:30 a.m. to 3:30 p.m., April 18; a special FRG Leader Live Wire Exchange offers FRG leaders an opportunity to share ideas, information, and resources from 10:30 a.m. to 12:30 p.m., April 22; and an evening Key Caller Training will be held from 6:30 - 8:30 p.m., April 23.

To register for FRG trainings at Hunter, please call 315-6816.

At Stewart, Key Caller Training will be held from 9:30 a.m. to 12:30 p.m., April 2; Family Care Team Training from 6 to 8 p.m., April 9 offers training for all individuals invited or interested in being a Care Team volunteer to assist Families of fallen and injured Soldiers; FRG Treasurer Training covers the rules and regulations that govern the FRG to include financial resourc-

es available, fundraising rules, and more from 9:30 a.m. to noon, April 16; and Basic FRG Training from 9 a.m. to 3:30 p.m., April 28. To register for FRG trainings at Stewart, please call 767-5058/5059.

## Stewart ACS to host kids' movie days

Children of deployed Soldiers are invited to a free, fun movie (ages 13 and younger) at the ACS-Stewart Family Readiness Center beginning at 11 a.m., April 4 and 18.

Parents can watch TV or use our computer lab while the kids enjoy the movie and free popcorn! For more information, please call 767-5058/5059.

## Learn the art of active parenting

Parents with children ages 5-12 are invited to learn discipline strategies, problem-solving skills, and steps to improve communication with your children. Taught by an experienced educator, Active Parenting Now will help strengthen your Family relationships. Three sessions are offered (two hours per session) from 9 - 11 a.m., April 1, 8, and 15 at Fort Stewart. Please call 767-5058/5059 to register.

## Learn, grow with AFTB

Living within an Army Family culture can be challenging, and Army Family Team Building offers several classes to help Families thrive in the military lifestyle.

Upcoming classes at Stewart include AFTB Level III "Lead," April 7-9. This class teaches skills to enhance leadership abilities with modules in coaching and mentoring, communication skills, how to build cohesive teams, manage group conflict, delegate, manage meetings, and more. Also at Stewart, the Dog Face Soldier for Families class shares the history of the 3rd Infantry Division, the Dog Face Soldier song, the origin behind our mascot Rocky, and includes a guided tour of the Fort Stewart Museum, April 15.

Hunter offers AFTB Level II "Grow," April 28-30. This class teaches personal growth and development skills with modules in communication, time management, personality traits, team dynamics, managing stress and conflict, creative problem solving, introduction to leadership, and more. To register for free AFTB classes, please call 767-5058/5059 at Stewart or 315-6816 at Hunter. Also ask about child care.